

ABSTRACT OF THE DISCLOSURE

A specimen holder (1) for water-containing specimens for high-pressure freezing is described, the specimen holder (1) comprising at least two shaped parts (2, 3) detachably joinable to one another, and the joined shaped parts (2, 3) forming a receptacle (6) for the specimen. At least one of the shaped parts (2; 3) comprises a diamond.

(FIG. 1)